

Yummy Benefits!

A healthy cooking guide

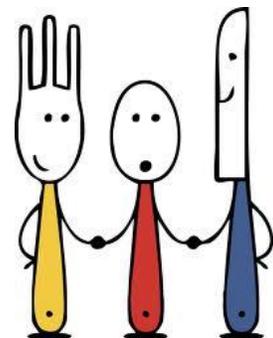


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Breakfast!



Greek Yogurt with Warm Berry Sauce

(Yield: 6 servings)

Ingredients:

1 1/2 cups Fresh or frozen berries
1/2 cup Water
1/4 cup Sugar
2 Tbsp Lime juice
2 cups Vanilla Greek Yogurt (2% fat)

Preparation:

1. Combine the first 4 ingredients in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens.
2. Spoon 1/3 cup yogurt into each of 6 bowls; top each serving with about 1/4 cup sauce.

Nutrition Information (per serving):

Calories: 125 kcals
Total Fat: 3.9 g
Saturated Fat: 2.5 g
Sodium: 43 mg
Carbohydrate: 20 g
Dietary Fiber: 2 g
Protein: 7.9 g



Overnight Oats

(Yield: 4 servings)

Ingredients:

1 cup	Steel cut oats
4 cups	Soymilk (can also use dairy or other plant-based milk or combo thereof)
1/4 cup	Raisins
1	Apple, chopped
1/4 cup	Ground flaxseeds
1/4 cup	Chopped walnuts

Preparation:

(Note: I generally combine the oats with some of the liquid prior to class time to cut the amount of cooking time during class but explain that this can be prepared the night before by mixing all ingredients, bring to a boil, turn off and cover saucepan. When cooled, refrigerate overnight and in the morning just take out and reheat the amount you want to eat.)

1. Combine ingredients in saucepan and cook until tender.

Note: also can vary by using other fresh and/or dried fruits, nuts, chia seeds, wheat germ, quinoa flakes, etc.

Nutrition information (per serving):

Calories: 363 kcals
Total fat: 13.3g
Proteins: 15.7g
Fiber: 9.7g
Sodium: 130mg



Swiss Oatmeal

(Yield: 1 serving)

Ingredients:

1/2 cup	Rolled oats
1/4 cup	Skim milk
1/4 cup	Light vanilla yogurt
1/4 cup	Chopped or grated apple
1/2	Banana

Preparation:

1. Combine oats and milk in a bowl and leave to soak (can soften overnight in the fridge if desired). Chop or grate apple, and slice banana. Add cut fruit and cranberries to oat mixture. Add yogurt and stir just until ingredients are combined. It's ready to eat now or you can store in the fridge until ready to serve.

Be creative! You can make this recipe with any fruit that you enjoy, or add spices like cinnamon for extra flavor. The recipe works well in larger batches. Store covered in the fridge for up to 3 days – fruit may brown a little over time.

Nutrition information (per serving):

Calories: 300 kcals

Total carbohydrates: 60g



Burritos Three Ways

(Yield: 1 serving)

Ingredients:

1 Whole wheat flour or corn tortilla
1/4 cup Egg
1 oz Low fat cheddar cheese
1/4 cup Tomato
1/8 Avocado

Healthy options to put in the burrito:

Black beans	Chili powder	Low fat cheese
Onions	Tomatoes	Low fat sour cream
Salsa	Avocado	Chicken

Preparation:

1. Place ingredients on the tortilla. Fold to wrap ingredients together.

Nutrition information (per serving):

Calories: 315 kcals
Total fat: 7g
Saturated fat: 1.5g
Monounsaturated fat: 0.5g
Polyunsaturated fat: 0.7g
Protein: 28g
Carbohydrate: 34g
Fiber: 7g
Cholesterol: 60mg
Iron: 15mg
Sodium: 450mg
Calcium: 8mg



Pumpkin Muffins

(Yield: 12 servings)

Ingredients:

2 cups	Flour
1 tsp	Baking soda
1/2 tsp	Salt
2 tsp	Pumpkin pie spice
3/4 cup	Packed dark brown sugar
3 Tbsp	Molasses
1/4 cup	Canola oil
2	Large eggs
1 cup	Canned pumpkin
1 tsp	Vanilla extract
3/4 cup	Buttermilk, OR ¾ cup fat free milk mixed with 1 tsp white vinegar



Preparation:

1. Preheat oven to 400 degrees F. Coat a 12-cup muffin pan with cooking spray.
2. In a small bowl mix together the milk and vinegar, set aside
3. In a medium bowl, whisk together the flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.
4. In a large bowl, whisk the sugar, molasses, oil and egg s and whisk well. Whisk in the pumpkin, milk mixture, and vanilla. Gradually add the flour mixture. Stir until just until combined.
5. Pour the batter into the prepared muffin pan. Bake for 20 minutes.

Nutrition information (per serving):

Calories: 209 kcals
Carbohydrates: 30g
Total fat: 6g
Fiber: 2g

Blueberry-Lemon-Ginger Muffins

(Yield: 12 muffins)



Ingredients:

1 cup	Light buttery spread (such as Smart Balance Light)		
	Zest of 2 lemons (reserve the juice)		
1/2 cup	Splenda Sugar Blend	2	Large eggs
1 cup	All-purpose flour	1 tsp	Baking powder
1/3 cup	Whole-wheat flour	1/2 tsp	Baking soda
1/2 tsp	Ground ginger	1 Tbsp	Fresh lemon juice
1/2 cup	Plain nonfat yogurt	1 Tbsp	Fat-free milk
1 tsp	Pure vanilla extract	3/4 cup	Fresh blueberries, washed

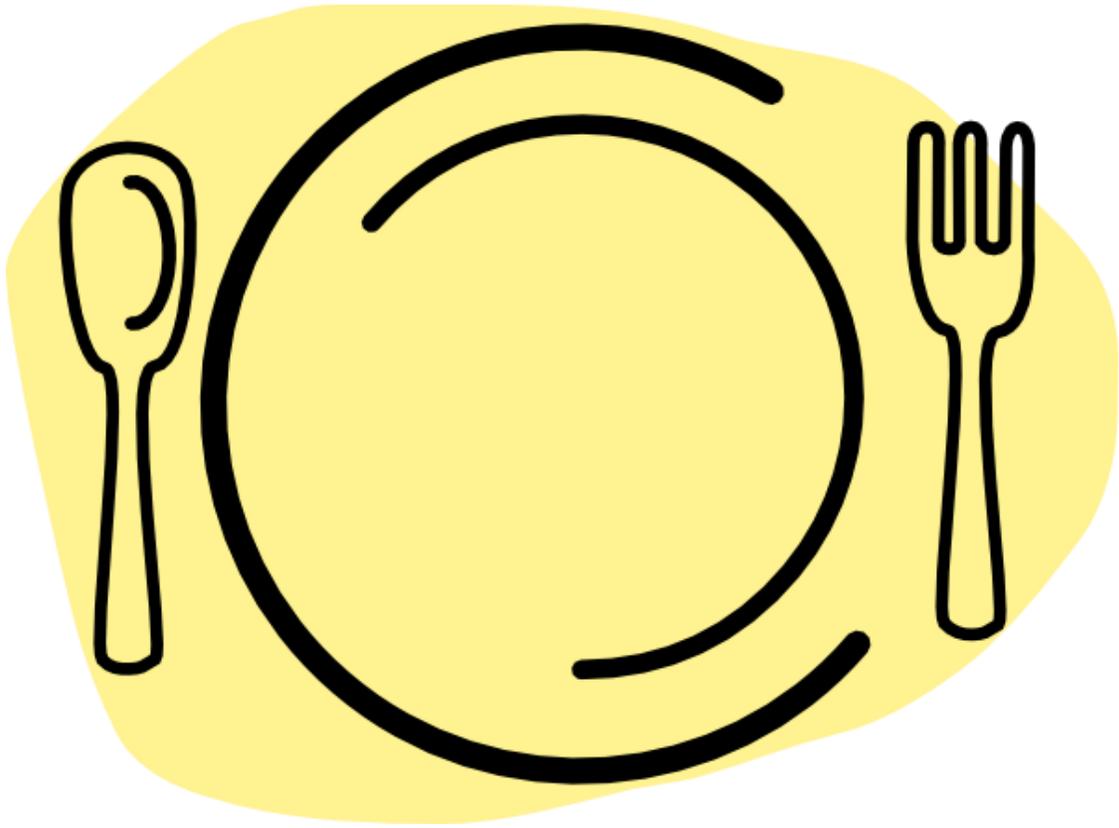
Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
Line a 12-cup muffin tin with paper liners. Set aside.
2. In a large bowl, use electric beaters to beat the buttery spread and Splenda Sugar Blend until fluffy. Add the eggs, one at a time, beating well after each addition.
3. In a medium bowl, combine the flours, baking powder, baking soda, ground ginger, and lemon zest.
4. In a small bowl, mix the yogurt, milk, lemon juice, and vanilla extract. Add the flour and yogurt mixtures alternately to the buttery mixture, and mix with a spatula just until blended. Gently fold in the blueberries.
5. Divide the batter equally among the muffin cups. Bake the muffins for 20 to 25 minutes, until a toothpick inserted in the center comes out clean.
6. Remove the pan from the oven and let the muffins cool in the pan for 5 minutes. Turn the muffins out onto a cooling rack. Cool completely or serve warm.

Nutrition information (per serving):

Calories: 150 kcals	Sodium: 160mg; Potassium: 75mg
Total fat: 4.5g; Saturated fat: 1.3g	Cholesterol: 30mg
Carbohydrates: 23g; Fiber: 1g; Sugar: 12g	Protein: 3g

Source: Diabetes Forecast October 2012



Dinner Made Easy

Garlic-Citrus Fish

(Yield: 4 servings; Portion size: one fillet)

Ingredients:

4	Mild fish fillets (try cod or tilapia) (1.5 lbs)
1	Peeled and sectioned fresh orange
2	Cloves fresh garlic crushed
1/2 inch	Fresh Ginger, chopped fine
1 pint	Fresh grape tomatoes
3 Tbsp	Olive oil
1/2 cup	Whole-wheat couscous

Preparation:

1. Cook couscous according to package directions.
2. Cut orange segments into small chunks and add them to a bowl.
3. Heat 1 TBS of oil in nonstick skillet and add fish to pan. Cook until opaque throughout (1-2 min per side). Transfer to plate and cover to keep warm.
4. Heat remaining 2 Tbsp oil to medium heat. Add garlic and ginger until golden brown about 1 min. Add tomatoes and stir until tomatoes slightly break down.
5. Add oranges and stir until heated through.
6. Plate by spooning 1-2 tablespoons cooked couscous onto plate, place cooked fish on top and then place garlic citrus tomato mixture over top.

Nutrition information (per serving):

Calories: 323 kcals
Fat: 7g
Saturated fat: 2g
Sodium: 200mg
Protein: 40g
Carbohydrates: 28g
Fiber: 5g



Spice Crusted Chicken Breast with Mango Salsa

(Yield: 6 servings)

Ingredients:

		<u>For mango salsa:</u>	
1.5 lbs	Boneless, skinless chicken breasts (about 6 breasts, 4 oz each)	3 cups	Cubed peeled ripe mango (about 2 large mangoes)
		1 cup	Finely chopped green onions
2 Tbsp	Ground coriander	1/2 cup	Minced fresh cilantro
2 Tbsp	Ground cumin	1 cup	Small diced red bell pepper
1 Tbsp	Fresh ground pepper	1/3 cup	Fresh lime juice
1.5 tsp	Salt	1	Finely chopped seeded jalapeno pepper
2 Tbsp	Olive oil		
		1 tsp	Sugar
		1/2 tsp	Salt

Preparation:

For chicken:

1. Toast coriander, cumin, and pepper in a large dry non-stick skillet over medium heat, stirring, until aromatic, about 45 seconds. Transfer to a small bowl, add salt and set aside.
2. Dredge chicken breast, on both sides, with the spice mixture.
3. Heat a large non stick skillet over medium-high flame. Once hot, sauté chicken breasts 4-5 minutes each side or until no longer pink in the middle. Using a thermometer the internal temperature of the breast should read 165 degrees. Do not overcook or chicken will be tough.

For Mango Salsa:

1. Combine all ingredients in a bowl; toss well. Cover and chill until ready to eat. Place 1/2c of Mango Salsa over each chicken breast.

Nutrition information (per serving)

Calories: 235 kcals; Carbohydrates: 18g; Sodium: 865mg; Total fat:6g

It's a Wrap!

(Yield: 1 wrap)

Ingredients:

1	Whole Grain Wrap
2 Tbsp	Avocado
1/3 cup	Tempeh chunks
1/4 cup	Peach mango salsa (low sodium)
3 Tbsp	Portabella mushroom
1/4 cup	Shredded cheese

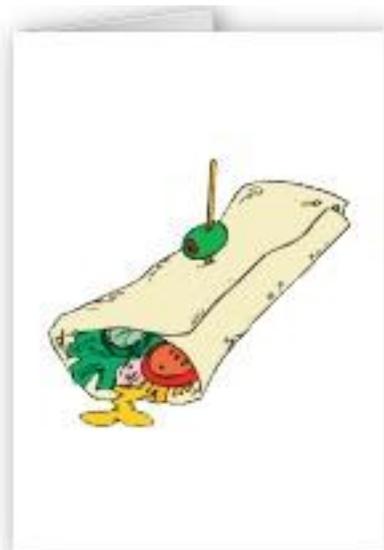
Preparation:

1. Microwave tempeh for 1 minute (if from frozen)
2. Spread avocado on half of wrap
3. Add tempeh, salsa, vegetables and cheese and fold over wrap
4. Cover and place in microwave – cook for 2 mins.

This recipe is another simple, quick, nutritious dish that is amenable to varying ingredients according to taste, time, what's on hand. You can use black beans, "soysage" etc. instead of the tempeh and add in more vegetables (tomatoes, grated carrots, cilantro, etc.), use low fat or non-dairy cheeses and add low fat sour cream. It can also be folded like a burrito "pillow" and packed to take with for a meal away from home.

Nutrition information (per serving):

Calories: 387 kcals
Total fat: 19.7g
Sodium: 526mg
Fiber: 4.9
Protein: 24g



Chicken Tortellini Soup

(Yield: 4 servings)

Ingredients:

8 cups	Low sodium chicken broth
1 can (14.5 oz)	Diced tomatoes
1 10-oz pkg	Frozen chopped spinach
1/4 cup	Parmesan cheese, grated
1/2 tsp	Salt (optional)
1/2 tsp	Pepper
1 pkg (9 oz)	Fresh cheese tortellini
2 1/2 cups	Cooked diced chicken

Preparation:

1. In a dutch oven over medium heat, combine stock, tomatoes, spinach, cheese, salt and pepper. Bring to a boil. Reduce heat, simmer 10 minutes
2. Add pasta and chicken. Bring to a boil, reduce heat and simmer covered until heated through, about 5 minutes.

NOTE: Additional frozen vegetables (cook's choice as to what kind) may be added in step 1 if desired.

Nutrition information (per serving):

Calories: 142 kcals
Total fat: 6g
Protein: 15g
Sodium: 440mg
Carbohydrates: 17g
Fiber: 2.2g

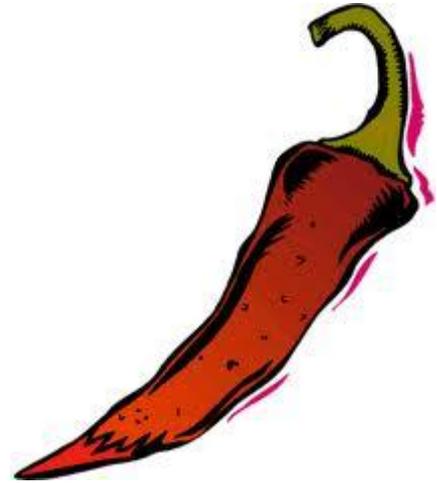


Black Bean Turkey Chili

(Yield: 6 servings)

Ingredients:

1 lb	Ground turkey
3	Garlic cloves, minced
1/2 cup	Chopped green pepper
1/2 cup	Chopped onion
1 can (14.5 oz)	Diced low sodium tomatoes
1 can (15 oz)	Black beans, drained and rinsed
1 11-oz bag	Frozen whole kernel corn
1 can (8 oz)	Tomato sauce
1 can (6 oz)	Tomato paste
1 Tbsp	Chili powder
1 tsp	Dried oregano
1/2 tsp	Dried basil
1/4 tsp	Black pepper



Preparation:

1. In a 3-quart saucepan over medium heat, cook turkey until it is no longer pink. Drain off the fat. Add garlic, bell pepper and onion. 2. Sautee until tender.
3. Add ½ cup water, beans, tomatoes, corn, tomato sauce, tomato paste and all of the spices. Bring to a boil then reduce the heat and simmer covered for 30 minutes.

Nutrition information (per serving):

Calories: 325 kcals

Total fat: 10.5g

Protein: 27g

Sodium: 706mg

Carbohydrate: 35g

Fiber: 9g

Turkey Joes

(Yield: 6 servings)

Ingredients:

1 Tbsp	Canola oil	1 cup	Chopped onions
1	Small green bell pepper, seeded and chopped	2 tsp	Minced garlic
		1 small can	Tomato paste
		1 28-oz can	Diced tomatoes
3/4 lb	Ground turkey breast		Pepper to taste
1/4 cup	Mesquite or other smoky barbecue sauce	6	Whole wheat hamburger buns, grilled or toasted
6	Thin onion slices, for garnish (optional)		Shredded lettuce, for garnish (optional)

Preparation:

1. Heat the oil in a medium skillet over medium high heat. Sauté the onion and the pepper until translucent, about 4 minutes. Add the garlic and sauté until the vegetables are soft, about 3 minutes. Add the turkey and cook, using a wooden spoon to break it up and stir until it loses its pink color, about 4 minutes.
2. Add the tomatoes, tomato paste and barbecue sauce. Simmer vigorously until the mixture is thick, about 15 minutes, stirring occasionally. Season to taste with salt and pepper. If not using immediately, refrigerate, covered, for up to 3 days. Reheat gently in the microwave oven before using.
3. Place bottom of each bun on a plate and spoon over each equal amounts of the meat mixture. Top with the onion and some lettuce, if using. Cover with the top of the bun or set it to lean on one side of the meat topping. Serve immediately.

Nutrition information (per serving):

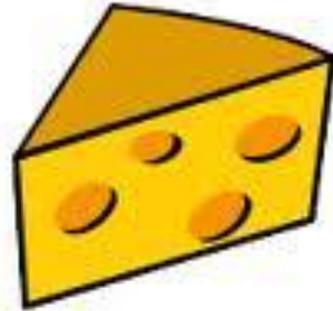
Calories: 290 kcals	Cholesterol: 49 mg
Fat: 9 grams	Carbohydrate: 35 g
Saturated fat: 2g	Fiber: 5 g
Protein: 18 g	Sodium: 541 mg

Creamy Mustard Chicken or Fish

(Yield: 4 servings; Serving size: 4 oz chicken or fish and 4 oz sauce)

Ingredients:

- 4 Chicken breasts or fish, skinned, boneless, approximately 4 oz each
- 3 Green onions, finely chopped and/or
- 2 Garlic cloves
- 1/2 cup Nonfat plain yogurt
- 1/4 cup Light mayonnaise
- 1/4 cup Sliced fresh mushrooms
- 1 Tbsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1/2 tsp Dried thyme
- 1/4 tsp White pepper
- 2 Tbsp Grated Parmesan cheese
- Garnish: Chopped fresh parsley



Preparation:

1. Place chicken or fish in a single layer in lightly greased ovenproof casserole.
2. Combine yogurt, mayonnaise, onions and/or garlic, mushrooms, mustard and seasonings.
3. Spoon sauce over chicken pieces.
4. Stir sauce midway through baking and when baking is complete.
5. Bake in 350 degree F. (180) oven for about 35 minutes, or until chicken or fish is tender.
6. Sprinkle with Parmesan cheese and brown under the broiler.
7. Serve garnished with chopped parsley.

****NOTE:** If using fish, recommend soaking in milk for approximately 1 hour prior, and rinsing to remove any fish taste.

Nutrition information (per serving):

Calories: 210 kcals	Sodium: 340mg; Potassium: 11mg
Proteins: 30g	Phosphorous: 340mg
Cholesterol: 75mg	Total fat: 8g; Saturated fat: 2g

Source: Taste of Home Aug/Sept, 2012 Page 40

Adapted from: Eat Well, Live Well Canadian Dietetic Association Cookbook

Italian Summer Soup

(Yield: 6 servings; Serving size: 1 cup)

Ingredients:

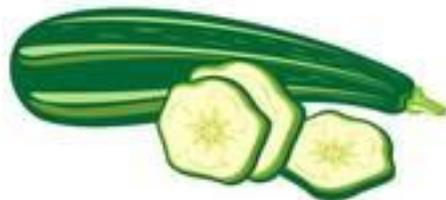
1 cup Chopped red onions
6 Finely chopped garlic cloves
2 Tbsp Olive oil
2 Tbsp Italian seasoning
2 cups Chopped fresh tomatoes
1 cup Chopped green bell pepper
1 cup Chopped zucchini
1 can (15 oz) No added salt black beans
1 cup Frozen corn kernels
1/8 tsp Cayenne pepper
1 cup Water
1 tsp Salt and pepper to taste

Preparation:

1. Clean and chop red onion, garlic, tomatoes, bell pepper, and zucchini.
2. Place 3-quart pot on medium heat.
3. Add olive oil to pot. Add chopped onion, garlic, and Italian seasoning and cook until onion is soft.
4. Add remaining ingredients.
5. Bring to boil, reduce to simmer for 20 minutes.
6. Serve alone or over rice.

Nutrition information (per serving):

Calories: 178 kcals
Total fat: 5.8g
Sodium: 437mg
Carbohydrate: 28g
Fiber: 7g



Lime Fish Tacos

(Yield: 8 servings; Servings size: 1 taco)

Ingredients:

1 lb	Cod, thawed and cut into 1 inch cubes
1 Tbsp	Canola oil
1 tsp	Minced garlic
	Juice of one lime
1/4 tsp	Black pepper
1/2 tsp	Chili powder
2 Tbsp	Reduced fat sour cream
2 Tbsp	Reduced fat mayo
	Hot pepper sauce to taste
8	8 inch whole wheat tortillas
1 cup	Shredded lettuce
1 cup	Chopped tomato



Preparation:

1. Place fish in a microwave safe dish. Coat with oil, garlic, juice from half a lime, black pepper, and chili powder. Cover dish with parchment paper or lid.
2. Cook in microwave for 5-7 minutes. Fish should flake easily with a fork. Let stand 3 minutes.
3. Meanwhile, combine sour cream, mayo, hot pepper sauce, and juice from the other lime half in a bowl.
4. Place tortillas on a plate and warm in microwave for 15 seconds.
5. Place a spoonful of fish on each tortilla and top with lettuce, tomato, and sour cream sauce.

Nutrition information (per serving):

Calories: 299 kcals
Total fat: 11g
Sodium: 125mg
Carbohydrate: 28g
Fiber: 5g

Easy Beef Stir Fry

(Yield: 4 servings; Serving size: 1 cup rice and 1/4 beef and veggie mix)

Ingredients:

4 cups	Cooked brown rice
	Juice of 1 orange
1/2 cup	Water
1 Tbsp	Corn starch
3 Tbsp	Light soy sauce
1/4 tsp	Red pepper flake
1 lb	Beef sirloin, thinly sliced against the grain into strips
1 Tbsp	Canola oil
1 Tbsp	Minced garlic
1 Tbsp	Grated fresh ginger
1 lb pkg	Frozen stir-fry vegetables

Preparation:

1. Cook the rice according to package directions.
2. Mix orange juice, water, cornstarch, soy sauce, red pepper flakes, and beef strips in a bowl and set aside.
3. Heat canola oil in a large nonstick skillet over high heat. Add garlic and ginger; cook 1 minute.
4. Add beef and sauce mixture into pan. Cook for about 2 minutes, stirring occasionally.
5. Add frozen vegetables to pan and cook until tender.
Serve over rice.

Nutrition information (per serving):

Calories: 576 kcals
Total fat: 15g
Sodium: 589mg
Carbohydrate: 66g
Fiber: 10g



Sloppy GI Joes

(Yield: 8 servings; Serving sizes: 1 bun with 1/2 cup filling)

Ingredients:

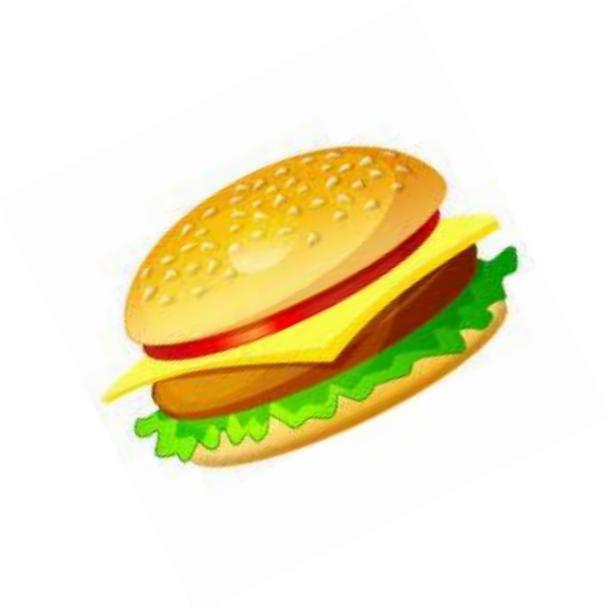
1 lb	Extra lean ground beef or turkey
1	Small onion, diced
1	Small red pepper, diced
1 can (15 oz)	Black beans, drained and rinsed
1 1/2 cups	Tomato sauce
2 Tbsp	Tomato paste
1 Tbsp	Red wine vinegar
1 Tbsp	Worcestershire sauce
1 tsp	Mustard powder
8	Whole wheat burger buns

Preparation:

1. Brown the meat and onion in a large skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks.
2. Drain the ground meat.
3. Add the garlic and red pepper and cook 5 minutes more, stirring occasionally.
4. Stir in the rest of the ingredients, reduce heat to low, and simmer 5 minutes more.
5. Place a half-cup of the mixture into each bun and serve.

Nutrition information (per serving):

Calories: 325 kcals
Total fat: 4.5g
Sodium: 308mg
Carbohydrate: 42g
Fiber: 9.6g
Protein: 30g



Tandoori Style Chicken

(Yield: 4 servings; Serving size: 4 oz chicken)

Ingredients:

2 cups	Plain low fat yogurt
2 tsp	Minced ginger
2 tsp	Minced garlic
3 tsp	Paprika
2 tsp	Ground coriander
	Juice of 1 lime
	Fresh black pepper
1 lb	Chicken breast, boneless, skinless, cut in strips
	Minced cilantro for garnish

Preparation:

1. Preheat oven to 425 degrees. In a large bowl combine yogurt, ginger, garlic, paprika, pepper, coriander and half the lime juice.
2. Dredge chicken in yogurt mixture and marinate for at least an hour.
3. Line baking sheet with foil. Put chicken on baking sheet.
4. Bake chicken for 15 minutes. Turn pieces and cook for an additional 10 minutes or until cooked through.
5. Garnish; add remaining lime juice over chicken and serve, spooning the cooked marinade over the meat.

Nutrition information (per serving):

Calories: 202 kcals
Total fat: 2g; saturated fat: 1g
Cholesterol: 67mg
Sodium: 169mg
Total carbohydrate: 12g; sugar: 10g
Protein: 33g



Stuffed Bell Pepper

(Yield: 8 servings; Serving size: 2 stuffed pepper halves)

Ingredients:

8	Red, yellow or orange bell peppers	2 Tbsp	Canola or olive oil, divided
		1	Medium yellow onion, chopped
4	Garlic cloves, peeled and minced	1 Tbsp	Chili powder
1 Tbsp	Ground cumin	16 oz	Lean ground turkey
2 cups	Fresh baby spinach, rinsed and chopped, OR 1 cup	1 16-oz jar	Chunky salsa (mild or hot)
1 10-oz pkg	Chopped frozen spinach, thawed and squeezed to remove moisture		Cooked quinoa or brown rice

Preparation:

1. Preheat oven to 375. Cut the peppers in half lengthwise, slicing from the stem to the bottoms, leaving the stems intact. Remove the white pith ribs near stem and down length of inside. Remove the ribs and seeds and discard.
2. Place the peppers in an 8 x 10 inch (or larger if fits in the microwave) shallow microwave safe baking dish. Drizzle the peppers with 1 tablespoon of the oil.
3. Microwave for 3-4 minutes to soften. (May need to do two batches depending on size of pan used)
4. Meanwhile, heat the remaining 1 Tbsp of oil in a large skillet over medium high heat. Add the onion, garlic, black pepper, chili powder and cumin; cook until the onions are softened, about 3 minutes.
5. Add the ground turkey to the skillet. Cook, breaking it up with a spoon, until lightly browned, about 5 minutes.
6. Add the salsa and spinach and cook, stirring occasionally about 5 minutes.
7. Remove from skillet from the heat and stir in the cooked brown rice or quinoa
8. Carefully fill the pepper halves with the turkey mixture. Cover dish with foil and bake until the filling is hot and peppers are tender about 20 minutes.

Nutrition information (per serving)

Calories: 209 kcal Total fat: 14g; saturated fat: 2g; Cholesterol: 45mg
Sodium: 480mg Protein: 13g
Total carbohydrate: 21g; dietary fiber: 6g; sugar: 9g;

Bountiful Salad



Summer Corn Salad

(Yield: 4 servings; 1/2 cup per serving)

Ingredients:

5 tsp	Olive oil, divided
1 Tbsp	Lime juice
1/4 tsp	Salt
1/4 tsp	Hot pepper sauce
1 1/2 cups	fresh or frozen corn, thawed
1 1/2 cups	Cherry tomatoes, halved
1/2 cup	Finely chopped cucumber
1/4 cup	Finely chopped red onion
2 Tbsp	Minced fresh basil or 2 tsp dried basil
1/4 cup	Crumbed feta cheese (optional)



Preparation:

1. In a small bowl, whisk 4 tsp. oil, lime juice, salt and pepper sauce; set aside.
2. In a large skillet, cook and stir corn in remaining oil over medium-high heat until tender. Transfer to a salad bowl; cool slightly. Add the tomatoes, cucumber, onion and basil. Drizzle with dressing and toss to coat.
3. Let stand for 10 minutes before serving or refrigerate until chilled. Sprinkle with cheese just before serving.

Nutrition information (per serving):

Calories: 115 kcals

Proteins: 2g

Carbohydrate: 15g

Sodium: 156mg

Total fat: 6g

** 1/2 oz Feta cheese:

Calories: 35 kcals; protein: 2g; Total fat: 3g; Sodium: 155mg

Source: Taste of Home Aug/Sept, 2012 Page 40

Adapted from: Eat Well, Live Well Canadian Dietetic Association Cookbook

Balsamic Vinaigrette

(Yield: 20 servings; Serving size: approximately 1.5 Tbsp per serving)

Ingredients:

2/3 cup Balsamic vinegar
2 Garlic cloves, crushed
2 Tbsp Dijon mustard
1 cup Extra virgin olive oil
Sugar as needed
Salt and pepper to taste
Fresh or dried herbs to taste

Preparation:

1. Whisk vinegar, garlic, and Dijon mustard together. Add herbs now, if using.
2. Slowly whisk in 1 cup olive oil. Taste dressing and if too tart, can add a bit of sugar. If too oily, can add a squirt of fresh lemon juice.

TIP: Can use a pinch of dried oregano, basil, or marjoram if desired. Can also use fresh herbs, just double the amount. Can also add a minced shallot instead of garlic.

Nutrition information (per serving):

Calories: 100 kcals
Total fat: 11g
Saturated fat: 1.4g
Sodium: 134mg



Mediterranean Barley Salad

(Yield: 8 servings)

Ingredients:

1-1/2 qt (6 cups)	Water
1 cup	Pearl barley, rinsed
1 pint	Cherry tomatoes
1 can (6oz)	Pitted black olives, drained
1	Small red onion, chopped
1 pkg (4oz)	Feta Cheese
1/3 cup	Greek Vinaigrette Dressing
1 Tbsp	Lemon juice

Preparation:

1. Bring water to boil in large saucepan on medium-high heat. Add barley; return to boil. 2. Simmer on medium-low heat 45 min. or until barley is tender (or may wish to use quick cooking barley and cook according to pack instructions). Drain barley; cool.
3. Place barley in large bowl. Add remaining ingredients; mix lightly.

Nutrition information (per serving):

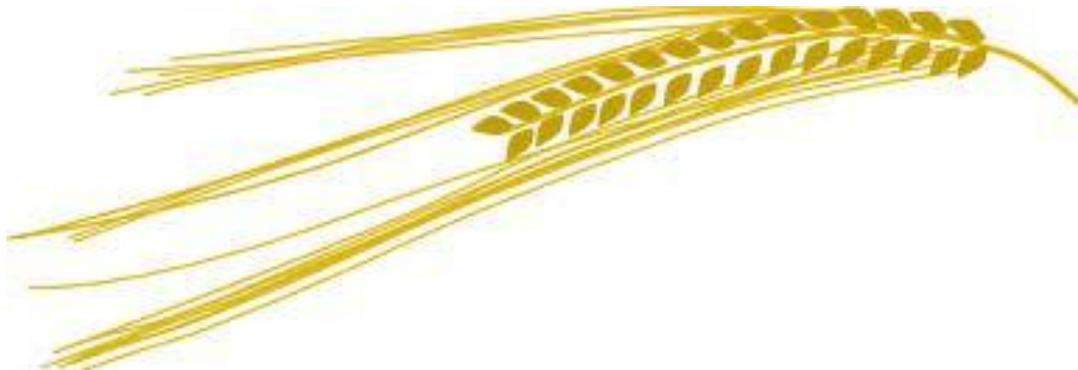
Calories: 170 kcals

Total fat: 7g

Protein: 6g

Carbohydrate: 24g

Fiber: 5g



Bright Broccoli Salad

(Yield: 8 servings; Serving size: 1 cup)

Ingredients:

2/3 cup	Fat free mayonnaise
1/4 cup	Red wine vinegar
1/8 cup	Splenda
4 cups	Bite size broccoli florets
1	Small purple onion, diced
1 cup	Grapes sliced in half
1 cup	Carrots, shredded
1/3 cup	No salt added crushed almonds

Preparation:

1. For the dressing: Mix together Splenda and vinegar and stir until Splenda dissolves.
2. Pour vinegar mixture into the mayonnaise and stir together until smooth.
3. Combine all other ingredients into a large bowl- broccoli, onion, grapes, carrots, and nuts. Add dressing to the large bowl and stir together all ingredients until dressing is evenly mixed.

Nutrition information (per serving):

Calories: 89 kals
Total fat: 3g
Carbohydrate: 13g
Sodium: 187mg
Fiber: 2g



Colorful Winter Quinoa Salad

(Yield: 7 servings)

Ingredients:

1 cup	Uncooked quinoa (yields 2 cups cooked in low-sodium broth if available)	1/2 bunch	Chopped fresh parsley
		1/2 cup	Crumbled goat cheese
		1/4 cup	Chopped pecans
2 cups	Thinly sliced/ cut fresh spinach or arugula	1 bunch	Green onions, chopped
		2 Tbsp	Olive oil
1/2 cup	Dried cranberries (unsweetened if possible)	Zest and juice from 1 orange	
		1 Tbsp	Dijon mustard
1 Tbsp	Red wine vinegar		

Preparation:

1. Add 1 cup of dried quinoa, Rapunzel brand no-salt added bouillon cube and 2 cups of water to small pot/ or 2 cups of reduced sodium broth, bring to a boil, turn down to medium and cook for ~15minutes until quinoa is tender. Check occasionally to prevent burning. Drain off any remaining liquid, and put cooked quinoa in a dish in the refrigerator to chill.

2. Chop spinach/ or arugula, green onions, and parsley, mix in bowl with dried cranberries, chopped pecans, and crumbled goat cheese, add quinoa once chilled.

Prepare dressing by zesting and juicing the orange. Mix orange zest, orange juice, olive oil and mustard until combined/ emulsified.

3. Toss all ingredients and dressing for even coverage.

You could also serve this as a hot side dish, similar to a pilaf. Just add the spinach, green onions, parsley, cranberries and pecans to the pot that you are cooking the quinoa in during the last 2-3 minutes of cooking. Once finished cooking, drain off any unwanted liquid and toss with the dressing as described above.

Nutrition information (per serving):

Calories: 250 kcals

Fiber: 3g

Protein: 5g

Total fat: 7g

Carbohydrate: 22g

Sodium: 80mg

Southwestern Chicken Salad

(Yield: 12 – 1 cup servings)

Ingredients:

Salad:

1 cup	Cooked corn kernels
1 cup	Diced tomatoes
1 cup	Frozen green peas, thawed
½ cup each	Sliced red and green peppers
1/3 cup	Canned black beans, drained
2 cups	Cooked, cubed chicken breast

Dressing:

Olive Oil: 1 Tbsp

Lime juice: ¼ cup

Cumin: 2 tsp

Chopped cilantro: 1 Tbsp

Chili powder: 2 tsp

Oregano: 1 tsp

Preparation:

1. Combine all salad ingredients.
2. In a blender or food processor, blend all dressing ingredients.
3. Toss the dressing with the salad and serve.

Nutrient Analysis (per serving)

Calories 181 kcal; Protein 17 g; Carbohydrate 16 g;

Cholesterol 42 mg; Sodium 94 mg;

Total Fat 6 g – 1 gram each from Saturated fat

**Source: American Diabetes Association Diabetic Meals in 30 minutes or less 2nd Edition;
Robyn Webb**

Low-Fat Dijon Potato Salad

(Yield 6 – ½ cup servings)

Ingredients:

Salad:

1 lb red potatoes, unpeeled and cubed
½ cup diagonally sliced celery
¼ cup sliced scallions
2 Tbsp chopped shallots

Dressing:

½ cup reduced-fat buttermilk
2 Tbsp reduced-fat mayonnaise
1 Tbsp Dijon mustard
1 Tbsp tarragon vinegar

Preparation:

1. In a medium-sized pot, cover the cubed potatoes with water. Bring to a boil, lower the heat, and cook on medium heat until potatoes are tender, yet firm (about 15 minutes).
2. Toss cooked potatoes with celery, scallions, and shallots.
3. In a small bowl, combine all dressing ingredients. Add to the potato salad and mix well. Refrigerate until ready to serve.

Nutrient Analysis (per serving)

Calories 97 kcal; Protein 2 g; Carbohydrate 18 g;
Cholesterol 3 mg; Sodium 103 mg;
Total Fat 2 g – 0 gram from Saturated fat

**Source: American Diabetes Association Diabetic Meals in 30 minutes or less 2nd Edition;
Robyn Webb**



Scrumptious Sides

White Bean Pate

Source: American Diabetes Association Diabetic Meals in 30 minutes or less 2nd Edition; Robyn Webb

(Yield: 12 – 2Tbsp servings)

Ingredients:

½ cup Minced scallions
3 Garlic cloves, minced
1 15 oz. can White Beans (cannellini or navy)
2 tsp Prepared Dijon mustard
1 Tbsp Fresh lemon juice
1 tsp Olive oil
2 Tbsp Minced parsley
1 Tbsp Minced basil
1 tsp Thyme leaves
1 tsp Minced dill
1 tsp Minced tarragon
¼ tsp Nutmeg
Fresh ground pepper and salt to taste

1. Combine all ingredients in a blender or food processor. Process until smooth.
2. Serve with crackers or pita bread.

Nutrient Analysis (per serving)

Calories 49 kcal; Protein 3 g; Carbohydrate 9 g;
Cholesterol 0 mg; Sodium 165 mg;
Total Fat 1 g – 0 gram from Saturated fat

Sesame Kale

(Yield: 6 – ½ cup servings)

Ingredients:

1 ½ pounds Kale, fresh
2 tsp Sesame oil
2 cloves Garlic, minced
¼ cup Chicken Broth, low fat, reduced-sodium
1 Tbsp Lite Soy Sauce:
2 tsp Sesame Seeds, toasted
Fresh ground pepper to taste



Preparation:

1. Wash the kale, but let the water cling to it. Cut off and discard the tough stems. Slice the leaves once down the middle, then cut them crosswise into 1-inch-wide strips.
2. In a wok, heat the oil. Add the garlic. Saute for 10 seconds. Add the kale and the broth. Cover and steam for 3 minutes until the kale wilts. Add the soy sauce.
3. Top the kale with sesame seeds and fresh ground pepper. Serve.

Nutrient Analysis (per serving)

Calories 52 kcal; Protein 2g;
Carbohydrate 6 g; Cholesterol 0 mg;
Sodium 127 mg;
Total Fat 3 g- 0 gram each from Saturated.

Source: American Diabetes Association Diabetic Meals in 30 minutes or less 2nd Edition;
Robyn Webb

Roasted Brussels Sprouts, Carrots and Onions

(Yield: 6 servings)

Ingredients:

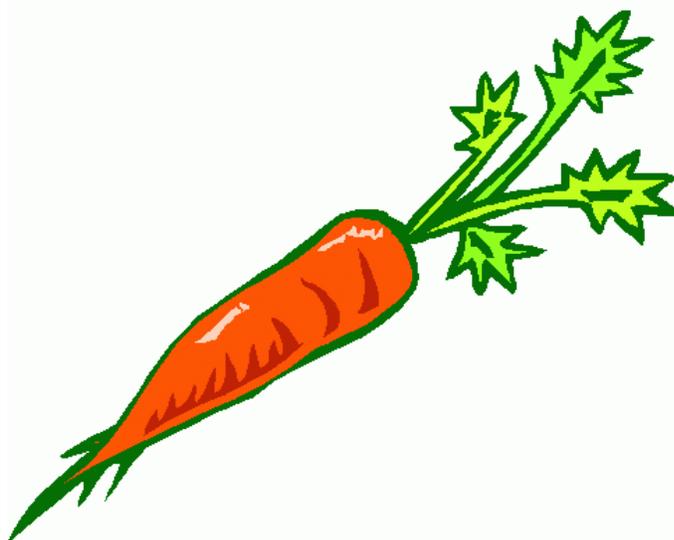
1 lb	Carrots, peeled and sliced in 1/ rounds
1 lb	Brussels sprouts, end trimmed and halved
1 1/2 cups	Pearl onions or 1-inch diced onions
3	Garlic cloves, crushed
2 Tbsp	Olive oil
1 tsp	Ground rosemary powder
	Salt and pepper to taste

Preparations:

1. Preheat oven to 400 degrees F. Combine carrots, Brussels sprouts, onions, garlic, rosemary and olive oil and mix well. Place in a roasting pan just large enough to hold the vegetables in one layer.
2. Roast in upper center of oven, stirring or shaking the pan periodically through roasting, until vegetables are brown tender, about 40 minutes. Season with salt and pepper.

Nutrition information (per serving):

Calories: 118 kcals
Total fat: 5g
Saturated fat: 0.7g
Sodium: 73g
Carbohydrate: 17.3g
Fiber: 5.6g
Protein: 3.7g



Vegetable Variety

(Yield: 3 servings)

Ingredients:

1 cup	Broccoli
1 cup	Cauliflower
1 cup	Carrots
2 Tbsp	Nutritional yeast
1 tsp	Salt free seasoning of choice (Mrs. Dash, Spike, etc.)
1 tsp	Earth balance (or other non-trans margarine)

Preparation:

1. Prepare and steam vegetables until tender (put harder vegetables in first – in this case carrots)
2. Remove to a serving dish and mix in remaining ingredients.

Note: This is a template to be used with a variety of vegetable combos and low sodium, low fat seasoning choices. The basic idea is to teach participants a simple tasty way to incorporate vegetables into their meals, the essential skill of steaming (using a steamer basket and a tight lid), and encourage creativity in the kitchen. Other good combos might include kale and sweet potatoes; green beans, carrots and cabbage; beets, sweet potatoes, and greens, Brussels sprouts, yellow squash and carrots, etc. Alternative toppings could be drizzle of toasted sesame oil, low sodium tamari and grated ginger root; olive oil and balsamic vinegar, fresh lemon juice, any low fat salad dressing, etc.

Nutrition information (per serving):

Calories: 68 kcal
Total fat: 2.1g
Sodium: 149mg
Fiber: 4.4g
Protein: 5g



Curried Split Pea Soup

(Yield: 8 servings)

Ingredients:

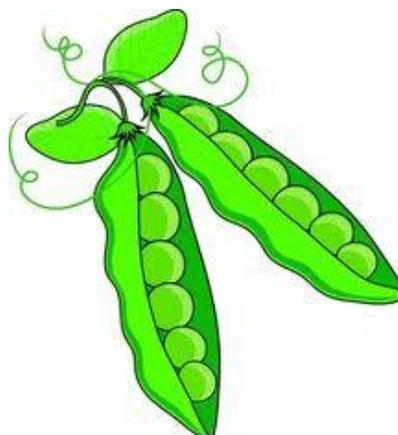
1 Tbsp	Canola oil
1	Large onion, chopped
2 Tbsp	Grated fresh frozen gingers
2 stalks	Celery, chopped
1.5 lb	Calabaza (or other winter) squash, peeled and cut into 1" chunks
2 cup	Yellow split peas (or green) (pick over and rinse)
1/3 cup	Raisins
6 cups	Water
1 Tbsp	Curry powder (can use more)
1 tsp	Fennel seeds
¾ tsp	Cinnamon
1	Bay leaf

Preparation:

1. Sautee onion and ginger in oil
2. Stir in remaining ingredients
3. Pressure cooker: lock lid, bring to high pressure and cook for 10 minutes. Natural pressure release. Standard soup pot: cook for 30 minutes.

Nutrition information (per serving):

Calories: 251 kcals
Total fat: 3g
Sodium: 220mg
Fiber: 16.3g
Protein: 13.5g



Okra with Tomatoes

(Yield: 6 servings)

Ingredients:

1 ½ lbs	Fresh or frozen okra chopped into bite sized pieces
2 Tbsp	Olive Oil
4 cloves	Garlic, minced or 1 heaping tsp minced garlic from a jar
2	Medium sized onions, chopped
1 can (14.5 oz)	Diced tomatoes
1 tsp	Ground coriander
1/8 tsp	Pepper
1 Tbsp	Lemon Juice

Preparation

1. Wash and trim okra into bite sized pieces
2. Heat oil in a 10-12 inch skillet over medium heat. Put in the chopped onion and garlic. Stir and sauté until onions are translucent, turning the heat down if necessary.
3. Put in okra, stir and sauté for another minute. Put in remaining ingredients plus ½ cup water and bring to a simmer.
4. Cover and turn down the heat to low and cook gently for 15-20 minutes or until okra is tender. Larger pods will take longer to cook through.

NOTE: This is excellent served rice and fish.

Nutrition Information (per serving):

Calories: 100 kcals
Sodium: 123 mg
Protein: 2 g
Fiber 3.4 g
Carbohydrate: 14 g
Total fat: 5 g



Black Bean Salsa

(Yield: 12 servings)

Ingredients:

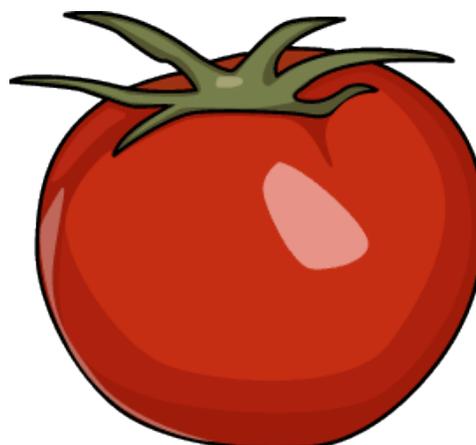
2 (15-oz) cans	Black beans, rinsed and drained
2 (15-oz) cans	Whole kernel corn, rinsed and drained
2	Large tomatoes, seeded and diced
1	Small onion, diced
1/4 cup	Chopped fresh cilantro leaves
2 Tbsp	Lime juice
1 Tbsp	Red wine vinegar
	Dash of pepper
Optional:	Add avocado or any color bell pepper for an extra twist!

Preparation

1. Mix all ingredients thoroughly in a large bowl.
2. Cover and chill overnight.
3. Taste and add pepper or more lime juice as needed.
4. Serve with tortilla chips or with grilled chicken as a meal!

Nutrition information (per serving):

Calories	62 kcals
Protein	3 g
Carbohydrate	16 g
Fat	1 g
Fiber	2 g
Sodium	44 mg



Confetti Couscous

(Yield: 6 servings; Serving size: 1 1/4 cups)

Ingredients:

½ cup	Fresh basil, chopped (can sub. Cilantro)
2 Tbsp	Olive oil
3 Tbsp	Fresh lime juice (2 limes)
½ cup	Diced red bell pepper
½ cup	Diced cucumber
½ tsp	Salt
½ tsp	Ground cumin
1 cup	Uncooked couscous (look for whole wheat for more fiber)
15 oz can	Black beans, rinsed and drained
1 cup	Fresh or frozen corn
½ cup	Diced red onion

Preparation:

1. In medium saucepan, combine salt, cumin, and 1 ½ cups water. Bring to a boil over high heat. Add couscous, stir to combine. Cover and remove from heat. Let stand for 5 minutes. Fluff with fork.
2. Cook corn according to package directions or steam fresh corn for 5 minutes.
3. Combine couscous with red bell pepper, cucumber, black beans, corn, onion, and basil. Stir in olive oil and lime juice. Serve warm or at room temperature.

Nutrition information (per serving):

Calories: 300 kcals
Total fat: 5g
Saturated fat: 1g
Carbohydrates: 52g
Dietary Fiber: 7g
Protein: 11g
Sodium: 370mg



Healthier Deviled Eggs

(Yield: 8 servings; Serving size: 1/2 egg white with 1 Tbsp of mixture)

Ingredients:

4	Eggs
1/4 cup	Nonfat Greek yogurt, plain
1 tsp	Dijon mustard
1 Tbsp	Chives, dried
1 Tbsp	Parsley, dried
1/2 tsp	Paprika
1 Tbsp	Mrs. Dash Garlic & Herb
1/4 cup	Spinach



Preparation:

1. Bring water to a simmer. Boil eggs for 12 minutes and remove from water into cold bath. Shell and let cool. Cut eggs into half and remove yolk. Keep one whole yolk for later.
2. Chop spinach and place on to plate into microwave for 30-45 seconds or till wilted.
3. Combine in one bowl the yogurt, mustard, chives, parsley, paprika, Mrs. Dash, 1 egg yolk, and spinach. Mix till well blended.
4. Take 1 Tbsp of mixture and place into the egg whites halves. Refrigerate and then serve.

Nutrition information (per serving):

Calories: 40.5 kcal
Total fat: 2.5g; saturated fat: 0.8g
Cholesterol: 92.5mg
Sodium: 55.5mg
Potassium: 85.6mg
Total carbohydrate: 0.5g; sugar: 0.3g
Protein: 3.9g

Gobi Mata

(Yield: 6 servings)

Ingredients:

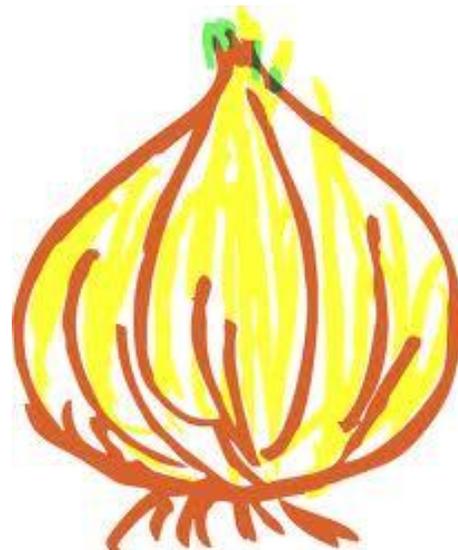
1	Medium cauliflower
1 cup	Green peas (frozen or fresh)
1	Red onion chopped
2	Green chilies (cut lengthwise, seeded and minced)
1/2 tsp	Fresh ginger minced
1 tsp	Coriander powder
¼ tsp	red chili powder
1 Tbsp	Peanut or canola oil

Preparation:

1. Prepare Cauliflower: Discard the leaves, separate small florets and wash.
2. Heat oil in a pan. Add the chopped onions and sauté until onion turns slightly brown.
3. Add the ginger and green chilies, along with coriander powder and the red chili powder. Sauté well for about 3-4 minutes or until well blended with oil.
4. Add the cauliflower florets, green peas and mix well, stir for another minute.
5. Add 1-4 Tbsp water and cover. Allow vegetables to cook until tender.

Nutrition information (per serving):

Calories: 61 kcals
Proteins: 3g
Carbohydrates: 8g
Fiber: 3g
Total fat: 2.6g
Saturated fat: 0.4g
Sodium: 9mg
Potassium: 199mg



Sweet Treats



Strawberries with Walnut Crumble

(Yield: 6 servings)

Ingredients:

3 Tbsp Light brown sugar
1 tsp Grated lemon zest
2 tsp Fresh lemon juice
2.5 cups Sliced or diced hulled strawberries (1 pint)



Topping:

1/2 cup Regular oats, uncooked
3 Tbsp Light brown sugar
1 1/2 Tbsp All-purpose flour
1/8 tsp Ground cinnamon
Dash Salt
1/4 cup Walnuts, chopped

Preparation:

1. Heat a large skillet over medium heat. Add chopped walnuts to toast in pan. Watch nuts carefully to avoid burning them. After walnuts are toasted, remove from heat and set aside.
2. Heat a large skillet over high heat. Add sugar, lemon zest and lemon juice and cook, stirring, until the sugar melts and the mixture begins to bubble, about 1-2 minutes. Add strawberries and stir until the mixture is juicy and the berries are heated through, 1-2 more minutes. Set aside.
3. Combine topping ingredients and stir well.
4. Place strawberry mixture in small serving bowls and sprinkle with topping. Serve.

Nutrition information:

Calories: 118 kcals
Carbohydrates: 22g
Sodium: 26mg
Total fat: 3.5g

Gourmet Sorbet

(Yield: 4 servings; Serving size: 1/2 cup per serving)

Ingredients:

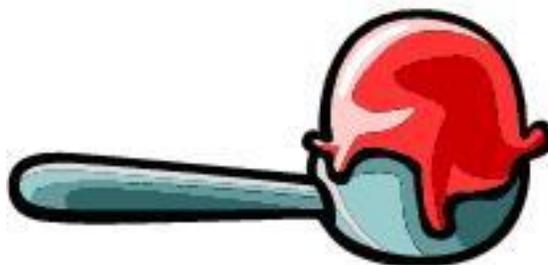
2	Medium bananas, frozen (note: peel before freezing)
1/3 cup	Frozen cranberries
1/4 cup	Orange juice
1/4 cup	Unsweetened soy milk
2 Tbsp	Semi-sweet chocolate chips (optional)
1/4 tsp	Fresh ginger, grated

Preparation:

1. Slice frozen bananas into approximately ½ inch pieces and place in food processor.
2. Add cranberries, orange juice and soymilk.
3. Process ingredients for ~ 15 seconds.
4. Add chocolate chips and ginger; process until desired texture is achieved (~15 seconds).
5. Serve immediately

Nutrition information (per serving):

Calories: 103 kcals
Protein: 1.7g
Carbohydrate: 20.7g
Total fat: 2.6g
Calcium: 45mg
Potassium: 54.6mg
Fiber: 1.5g



Lemon Velvet Supreme

(Yield: 6 servings)

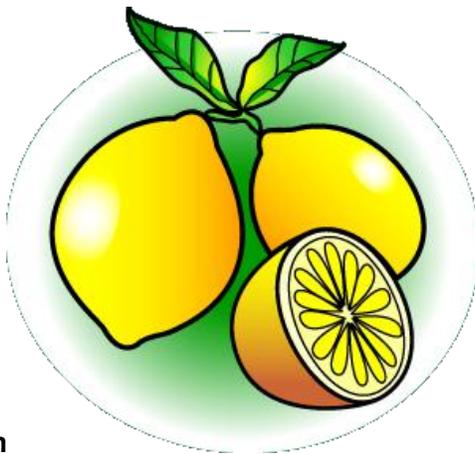
Ingredients:

2 cups	vanilla yogurt, fat free
3 Tbsp	instant lemon pudding mix
8	squares graham crackers, crushed
1 can (4oz)	mandarin orange slices, drained (or your favorite fruit)

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

Nutrient Analysis (per serving) :

Calories 150; Protein 5 g; Sodium 21 mg;
Total Fat 1 g; Saturated Fat 0 g



Source: SNAP-Ed Connection

Poached Cinnamon Oranges

(Yield: 6 – ½ cup servings)

Ingredients:

3 large oranges, peeled and sliced into 1/2-inch rounds
2 cups red wine or unsweetened grape juice
1 Tbsp honey
2 cinnamon sticks
2 tsp vanilla
1 tsp grated orange peel

Preparation:

1. Prepare the oranges and set aside.
2. In a medium saucepan over medium heat, combine the wine or juice, honey and cinnamon sticks. Bring to a boil. Reduce the heat and cook for 15 minutes.
3. Remove from the heat and add the vanilla and orange peel. Pour over the oranges in a bowl and refrigerate 1 hour. Serve.

Nutrient Analysis (per serving)

Calories 83 cal; Calories from Fat 1; Total Fat 0 g
Saturated Fat 0 g; Cholesterol 0 g; Sodium 2 mg;
Total Carbohydrate 16 g; Dietary Fiber 2 g;
Sugars 12 g; Protein 1 g



Source: Diabetic Meals in 30 Minutes-Or Less!